

Mixed Greens with Berries & Honey-Glazed Hazelnuts

http://www.eatingwell.com/recipes/mixed_greens_with_berries_honey_glazed_hazelnuts.html

From *EatingWell: Summer 2004, The EatingWell Diabetes Cookbook (2005)*

For a sophisticated starter, try this colorful salad, which marries fresh berries, caramelized nuts and tangy feta cheese. Pureed berries form the base of the dressing, giving it a velvety texture and rich flavor.

4 servings, 2 1/2 cups each | **Active Time:** 25 minutes | **Total Time:** 25 minutes

Ingredients

Nuts

- 1 teaspoon extra-virgin olive oil
- 1 teaspoon honey
- 1/4 cup chopped hazelnuts, or walnuts

Dressing

- 1/3 cup raspberries, blackberries and/or blueberries
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon water
- 1 teaspoon Dijon mustard
- 1 small clove garlic, crushed and peeled
- 1/2 teaspoon honey
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 2 tablespoons finely chopped shallots

Salad

- 10 cups mesclun salad greens, (about 8 ounces)
- 1 cup blackberries, raspberries and/or blueberries
- 1/2 cup crumbled feta, or goat cheese (4 ounces)

Preparation

1. To prepare nuts: Preheat oven to 350°F. Coat a small baking dish with cooking spray. Combine oil and honey in a small bowl. Add nuts and toss to coat. Transfer to the prepared baking dish and bake, stirring from time to time, until golden, 10 to 14 minutes. Let cool completely.
2. To prepare dressing: Combine berries, oil, vinegar, water, mustard, garlic, honey, salt and pepper in a blender or food processor. Blend until smooth. Transfer to a small bowl and stir in shallots.
3. To prepare salad: Just before serving, place greens in a large bowl. Drizzle the dressing over the greens and toss to coat. Divide the salad among 4 plates. Scatter berries, cheese and the glazed nuts over each salad; serve immediately.

Nutrition

Per serving : 232 Calories; 17 g Fat; 4 g Sat; 10 g Mono; 17 mg Cholesterol; 15 g Carbohydrates; 7 g Protein; 6 g Fiber; 349 mg Sodium; 596 mg Potassium

1/2 Carbohydrate Serving

ht Exchanges: 2 vegetable, 1 medium-fat meat, 2 fat

1/14/2010

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the dressing (Step 2) for up to 2 days.